



## Where will your mood take you?

Late January is when many people start turning “someday” into real plans. In the US, 27th of January is even marked as a day dedicated to planning your next vacation — and we love that idea. It’s a perfect reminder that the best trips start with a little intention and a good plan. With that in mind, today we’re sharing three very different early spring escapes: Agadir in Morocco, Sicily in Italy, and the Forest of Dean in the UK. So you can choose the destination that fits your mood, your pace, and the kind of holiday you need most. Wherever you choose to go, you can feel reassured knowing that all three destinations have Diaverum clinics, accepting holiday dialysis patients.



Book your holiday dialysis treatment in Agadir

## Agadir, Morocco

A laid-back beach city on the Atlantic coast, ideal for an early spring escape. Expect soft light, fresh ocean air and wide promenades that make it easy to stay active at a comfortable pace. With its relaxed rhythm, Agadir suits patients who want warmth without intense heat and a holiday built around rest, simple pleasures and easy outings.

### Your perfect day in Agadir:

- **Seafront promenade** – long, easy walks with ocean views
- **Souk El Had** – colours, spices and local crafts (perfect for a short outing)
- **Sunset by the beach** – the simplest plan is often the best one

## d.HOLIDAY Spotlight Sicily

Sicily has a special kind of early spring magic. As the season begins to shift, the island feels calmer, more intimate, and the first signs of spring bring a fresh energy to everyday moments. It’s a wonderful time to experience. For many patients, that’s exactly what makes Sicily such a rewarding off-season destination: you can explore at your own rhythm, savour the local culture, and still return to calm, restorative moments between your plans.

Read the full article



## Sicily, Italy

From the tranquil seaside charm of **Brucoli** to the vibrant streets and flavours of **Catania**, Sicily is a holiday escape made for slow travel. Expect Mediterranean light, authentic food moments and easy day trips without the summer crowds.

### 3 places not to miss:

- **Brucoli harbour** – calm seaside walks and a true “switch off” feeling
- **Catania old town** – markets, Baroque streets and espresso stops
- **Etna views** – dramatic scenery with plenty of pause points



Book your holiday dialysis treatment in Sicily



Book your holiday dialysis treatment in Forest of Dean

## Forest of Dean, UK

A quiet corner of England that feels restorative rather than busy, the Forest of Dean is ideal for a cosy reset. Think ancient woodland, gentle trails, and viewpoints over the River Wye. It suits patients who feel best with fresh air, simple plans, and calm evenings.

### 3 moments not to miss:

- **Cannop Ponds** – an easy, scenic loop with water, wildlife and a relaxed pace
- **Puzzlewood (near Coleford)** – a magical ancient woodland of twisting paths and mossy rocks that feels straight out of a storybook
- **Symonds Yat Rock** – a classic viewpoint above the River Wye

## Travel with peace of mind

Whether you’re dreaming of a weekend getaway or a long-awaited vacation, our mission at d.HOLIDAY is to make travel safe, seamless, and fulfilling for dialysis patients. With personalised support and a passion for worry-free experiences, we’re here to empower you to explore the world

Life-enhancing renal care



Empowering travel

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